



# Daily Physical Activity

## Fall Daily Physical Activity Ideas



Prepared by Windfall Ecology Centre



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## Contents

<b>Fall Daily Physical Activity Ideas</b> .....	2
<b>Introduction</b> .....	2
<b>Healthy Kids Community Challenge</b> .....	3
<b>Theme 2 – Water Does Wonders</b> .....	3
<b>Tap Water</b> .....	3
<b>Dressing Appropriately</b> .....	3
<b>Sun Protection</b> .....	4
<b>Hydration</b> .....	4
<b>Warm Ups</b> .....	5
<b>Cool Downs</b> .....	7
<b>DPA Indoor Activities</b> .....	10
<b>DPA Outdoor Activities</b> .....	17
<b>Adaptations for Children with Special Needs</b> .....	21
<b>Appendix</b> .....	22

## Introduction

Daily Physical Activity (DPA) has been introduced to publicly funded schools to make them healthier places to learn and improve student achievement. It ensures that elementary students have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day. The ParticipACTION Report Card on Physical Activity for Children and Youth 2016 states that only 9% of kids aged 5-17 are achieving the 60 minutes of vigorous activity they need to stay healthy. The following are some suggestions for Fall DPA activities to use in and out of your classroom to combat that and to comply with the Ontario government rules that require 20 minutes of sustained moderate to vigorous physical activity in curriculum time.

Luckily, activity in the fall can seem a lot easier than in the cold winter months. The milder days are a great mood boost and source of motivation to get active. The fall provides us with opportunities like spending more time outdoors while taking in the beautiful landscapes that accompany these months. It is important to take advantage of this increase in energy during the fall months while it lasts and get active!

## Healthy Kids Community Challenge

The Healthy Kids Community Challenge is Ontario's new drive to support the health of our children. Being active every day along with healthy eating are essential for growing children, so new ideas and programs are coming to the Town of Aurora — things that make it easier for our children to be active and eat healthier.

## Theme 2 – Water Does Wonders

The Healthy Kids Community Challenge Aurora is launching the water does wonders campaign to encourage kids and families to drink water as a healthy alternative to sugar sweetened beverages. The purpose of Water Does Wonders is to motivate kids to drink water as their beverage of choice. Water is essential for good health. It is also a simple, convenient and low-cost option for quenching thirst. Tap water is still the least expensive beverage we drink. One litre costs less than **one cent**. When undertaking these DPA activities we encourage you to promote water consumption to students.

## Tap Water

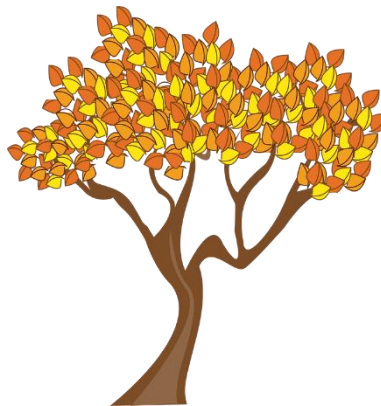
We are lucky enough in York Region to have fresh clean water coming out of our tap. York Region's water is monitored in real-time with sophisticated technology to ensure it is in compliance with the Ontario Drinking Water Standards, which includes over 100 criteria for safe drinking water identified by medical research. York Region performs tens of thousands of water quality lab tests annually to ensure safe and clean drinking water for its customers. As per the Ministry of Environment regulations, York Region publishes Annual Water Quality Reports online including data on water supply systems and water quality in each municipality

## Dressing Appropriately

It is always important for kids to wear lightweight and breathable clothing to remain comfortable while exercising. Clothing that is made of wicking materials may also be helpful to allow children to remain cool and dry even while sweating, by pulling moisture away from the body. An ideal outfit would include a cotton or wicking t-shirt, as well as pants, cotton socks, and comfortable footwear or sturdy sandals. If wearing sandals it is best to have a thick sole and strap to hold in the back of the child's foot. Unlike in the summer, the mornings can be very cool during the fall months so layering is key. Kids should wear short sleeves and a sweater or light jacket that can be removed during the day or during physical activity. If experiencing frequent rain it is important to have an umbrella, raincoat, and appropriate footwear such as rain boots.

## Sun Protection

The sun is one of the greatest parts of the outdoors but it is also one of the biggest dangers. Ultraviolet (UV) radiation from the sun can cause skin cancer, melanoma and some forms of cataracts. Sun protection is the most important when the UV index is 3 (moderate) or higher so remember to put on sun protection before heading outside. Children's skin is especially sensitive to sunlight and UV radiation. Children should always be wearing sunscreen if they are being active outdoors even if the sun does not seem as strong as in the summer. According to SkinCancer.org, sunscreen must be applied 30 minutes before going outside and should be reapplied every two hours. A minimum SPF of 30 should be used for all children and the more sensitive one's skin is the higher the SPF should be (up to SPF 50). Wearing sunglasses is also very important on sunny days. Make sure children have a pair of comfortable sunglasses that they can wear and play in. Sunglass straps are also helpful to make glasses more comfortable while being active.



## Hydration

Drinking enough water is not only a concern during the summer months but it is important any time of the year and especially when you are physically active. Be sure to remind students that even though it may not be as hot now that they are back in school, it is still very important for them to stay hydrated. When exercising, the body loses a lot of its water through breathing and sweating. The more children sweat the more they should be replenishing the water that is being lost. Please ensure children consume an adequate amount of water during and following DPA. It is recommended that children, depending on their age, drink 5-7 cups of water a day. The best advice to know when to drink water is to drink before you get thirsty and always have a reusable water bottle nearby!

## Warm Ups

### **DPA Warm Up Idea 1: Day at the Beach**

**Age Range:** Grades 1-6

**Equipment Needed:** None

#### **The Nitty Gritty:**

The idea for this warm up is to have the students reflect on the summer they had while they were away from school. Ask the students if they visited a beach during summer vacation. Get them to think about what they did and what they saw, then instruct them to pretend like they are enjoying a day at the beach! This game can be played outdoors to incorporate wind or sun or indoors in a large open space.

Tell the students that they must prepare for a day at the beach, this may include putting on sunglasses, drinking water, describing what they see at the beach, or applying sunscreen.

Once this is complete, instruct the students to perform some of the actions they would do if they were at the beach, some ideas include:

- Bike to the beach
- Splash in the water
- Swim in the beach
- Front crawl, back crawl, dog paddle, breast stroke
- Build a sand castle



**How to tie it into the curriculum:** Weather, Geography, and Creative Thinking

**Source:** Peel Region Health

### **DPA Warm Up Idea 2: Fall Windstorm**

**Age Range:** Grades 1-8

**Equipment Needed:** Straws, leaves, desk (optional)

#### **The Nitty Gritty:**

Get students to simulate a wind storm during the fall season!

Place two leaves on a desk or on the floor.

Set a start and finish line.

Put students into pairs, each student will use a straw to blow the leaf from the start to finish line.



The first one to get the leaf across the finish line is the winner!

To add something more to this game students can be brought outside to choose the leaves themselves.

**How to tie it into the curriculum:** Weather, Biology: Breathing, Lung Capacity

**Source:** KidActivities.net

### **DPA Warm Up Idea 3: Pass the Corn**

**Age Range:** Grade 1 – Grade 8

**Equipment Needed:** Two dried/decorative corncobs

#### **The Nitty Gritty:**

Split the class into two teams and have each group form a circle.

When instructed to start, the students must pass the corn around the circle using anything but their hands.

Students can hold the corn between their head and shoulder, balance it on their foot, etc.

If the corn is dropped at any time during the game it must be brought back to the start of the circle.

The first team to get the corncob all the way around the circle wins!

**How to tie it into the curriculum:** Biology: Have students name the body parts they are using, General: Teamwork, Strategizing

**Source:** KidActivities.net



### **DPA Warm Up Idea 4: Autumn Add On**

**Age Range:** Grades 6-8

**Equipment Needed:** None

#### **The Nitty Gritty:**

Students should all stand in a circle facing each other. Begin with one student and have them state their name, favourite autumn activity, and then act out the activity.

The next student to go must do the same and then state the previous student's name and favourite activity. This continues and more students are added on until the last student must restate every student's name and favourite activity.

This encourages students to listen and pay attention to others responses.



If you have a large class size it may be easier to split students into groups of 6-8.

**How to tie into the curriculum:** General: Memory, Strategizing

**Source:** Peel Region Health

## Cool Downs

**DPA Cool Down Idea 1:** Stretch it Out

**Age Range:** Kindergarten – Grade 8

**Equipment Needed:** None

**The Nitty Gritty:**

All students should be standing in an open space and spread apart so they can move their arms around without disrupting others.

Name one body part at a time for the students to focus stretching on.

It may also be helpful to incorporate a chair while stretching.

**How to tie it into the curriculum:** Biology: Naming body parts



### **DPA Cool Down Idea 2: Shake it Out**

**Age Range:** Kindergarten – Grade 8

**Equipment Needed:** None

#### **The Nitty Gritty:**

Use this activity to get the whole body relaxed again and ready for learning.

Students will be instructed to shake out each part of their body, from their head to their toes. Make sure all students have enough space to move around during this activity.

To tie this into the fall season you can tell students to envision themselves as a large tree that must lose all of its leaves before the winter. In order to do this they must shake all their branches (arms, legs, head) until the leaves are gone!

**How to tie into the curriculum:** Biology: Have students name the body parts they are moving

**Source:** OPHEA

### **DPA Cool Down Idea 3: Pumpkin Patch**

**Age Range:** Grades 1 – 4

**Equipment Needed:** Masking tape, print-outs of pumpkins

(Pumpkins can be printed/photocopied from the Appendix)



#### **The Nitty Gritty:**

Print and cut-out pumpkins for each student in the class (this can also be done ahead of time and decorated by the students as an art project).

Tape the pumpkins to various locations around the school, in hallways, on doors, lockers, etc.

Be sure to set a few boundaries as well, for example: pumpkins will not be found in washrooms, classrooms, or outdoors.

Direct the students out of the classroom and get them to walk throughout the school in search of a pumpkin.

Once each student has a pumpkin everyone can head back to the classroom with their gift from the “patch”.

**How to tie it into the curriculum:** Geography: Directions around the school, General: Strategizing (thinking of good hiding places)



**DPA Cool Down Activity 4: Fall Themed Bingo**

**Age Range:** Grades 5 – 8

**Equipment Needed:** Pencils, Bingo cards (can be printed/photocopied from the Appendix)

**The Nitty Gritty:**

Each student receives a Bingo card and a pencil.

Students should be instructed to walk around the classroom and look for a student who matches the criteria of each statement on the Bingo card.

Each time they find a match they can write down the name of the person in the specific box.

This can be played for as long, or as little as you want.

Human Bingo is also a great activity for the beginning of the school year to help students get to know each other better!

**How to tie into the curriculum:** General: Communication skills, Friendship

**Source:** Primary Resources

## DPA Indoor Activities

### DPA Activity Idea 1: Alphabet Soup

**Age Range:** Grades 1-5

**Equipment Needed:** None

#### The Nitty Gritty:

Make sure the students are in a large area where they have lots of room to walk around.

Instruct the students to move around the room in various ways, walking in curvy lines, skipping, etc.

Each time you call out a letter the students must walk in the shape of that letter.

Encourage them to try different pathways - they can write in cursive or even bubble letters.

Continue to call out letters periodically.

**How to tie it into the curriculum:** English: Writing Skills

**Source:** Healthy Schools Resource Guide 2005



### DPA Activity Idea 2: Autumn-Themed Yoga

**Age Range:** Grades 3-8

**Equipment Needed:** Yoga Mats/Towels (optional)

#### The Nitty Gritty:

Arrange students in groups of 3-4

Each group must think of a yoga pose that is inspired by something in the fall season.

They can stretch in the shape of a leaf, pretend to be a tree, or even pose like a scarecrow.

Students may also choose to think of a group yoga pose that involves all members of the group or they can each do the same pose individually.

Once everyone has created a yoga pose each group will take a turn at the front of the room and describe/name (encourage students to be creative with the names) their pose and then teach the class how to do it.

This allows the students to share what they created while also getting in more stretching.

**How to tie it into the curriculum:** General: Leadership, Teamwork, and Creativity



### **DPA Activity Idea 3: Imagine and Move**

**Age Range:** Grade 1-8

**Equipment Needed:** None

#### **The Nitty Gritty:**

Make sure students have lots of space for this activity, if a gymnasium is not available this can alternatively be done outdoors.

Tell students to spread out within the given boundaries.

Have students walk around as you call out a fall activity (jumping in leaves, hiking, etc.), the students must then act out this activity as they are walking around.

If some students are interested they can take turns and call out one fall activity.

If you run out of fall activities you may call out a letter and students must act out any activity that begins with that letter.

**How to tie it into the curriculum:** General: Creative thinking, Leadership

**Source:** Healthy Schools Resource Guide 2005



### **DPA Activity Idea 4: Moving and Matching**

**Age Range:** Grades 1-3

**Equipment needed:** two sets of blank cards

#### **The Nitty Gritty:**

Fill out 15 cards with the names of various fall items (appropriate for a class of 30 or less), this can include pumpkins, corn, leaves, acorns, etc.

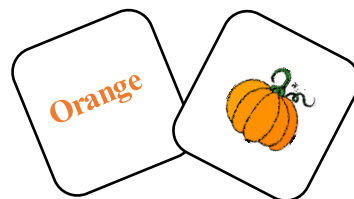
Next, fill out 15 cards with the corresponding colour of the item (example: the pumpkin card matches with the card that says orange, the acorn card matches with the card that says brown, etc.)

Place the cards around the room and instruct students to walk, skip, or jump around the area until you say stop.

Students then must pick up one card and find the person with the matching card. Once everyone is paired up the cards can be scattered back around the room and the game continues.

**How to tie it into the curriculum:** Strategy Building, Communication Skills, and Reading

**Source:** Adapted from Healthy Schools Resource Guide 2005



## **DPA Activity Idea 5: Chuck the Chicken**

**Age Range:** Grades 7-8

**Equipment Needed:** One rubber chicken



### **The Nitty Gritty:**

This game is best played inside a large gymnasium so kids have space to run and throw.

Begin by splitting the class equally into two groups and instruct them to stand on opposite sides of the gymnasium.

One group starts with the chicken and a student must throw the chicken as the rest of the group yells “Chuck the Chicken”.

The opposing group must run to where the chicken is thrown and arrange themselves in a line.

Once all the students of that group are in a line, they must pass the rubber chicken over and under until it reaches the last student who must yell “stop”.

While this is being done, the opposite team must form a circle and the student who originally threw the chicken must jog around the outside of the circle until they hear the opposing team yell stop.

If you would like to keep a score during this activity you can count each completed lap as one point for the team.

After one round is done, the students can take a minute-long break to strategize and think of where they want to throw the rubber chicken next.

Encourage the students to be supportive of their team members and be calm while communicating to each other. To reduce the competitiveness of the game you may want to exclude a score-count and just allow the students to build on their strategizing skills.

**How to tie it into the curriculum:** Strategy Building, Communication Skills, Teamwork, and Listening Skills

**Source:** Healthy Schools Resource Guide 2005

**DPA Activity Idea 6: Physical Activity Stations**

**Age Range:** Grades 5-8

**Equipment Needed:** Paper, markers, tape

**The Nitty Gritty:**

Prepare 6-8 stations for students to take part in a specific physical activity.

For example, 40 jumping jacks, 20 push-ups, 30 squats, etc.

Write out the instructions for each exercise on a sheet of paper and tape them in various locations around the gym.

Divide students up into groups equal to the number of stations.

When the time starts students must begin doing the exercise until they complete the goal or the time is up. Students should then rotate and move to the next station.

Make sure the students get a chance to try the activity at each station.

**How to tie it into the curriculum:** General: Teamwork

**Source:** Healthy Schools Resource Guide 2005



**DPA Activity Idea 7: Pumpkin Foot Race**

**Age Range:** Grades 6-8

**Equipment Needed:** 2-4 small pumpkins

**The Nitty Gritty:**

In a large, open space mark a start and finish line for the race to take place.

Place 2-4 pumpkins at the starting line, spaced equally apart.

Students should line up behind each pumpkin at the start line. This will be their team for the game.

When the time starts, students must lightly kick the pumpkin as they run from start to finish, and back again. Once each student has done this their team is finished!

At the end of the activity, ensure that all pumpkins are disposed of properly in a green bin or compost.

**How to tie it into the curriculum:** Teamwork, Physics: Impact on pumpkin, how hard to kick the pumpkin, Coordination: running and keeping the pumpkin in line

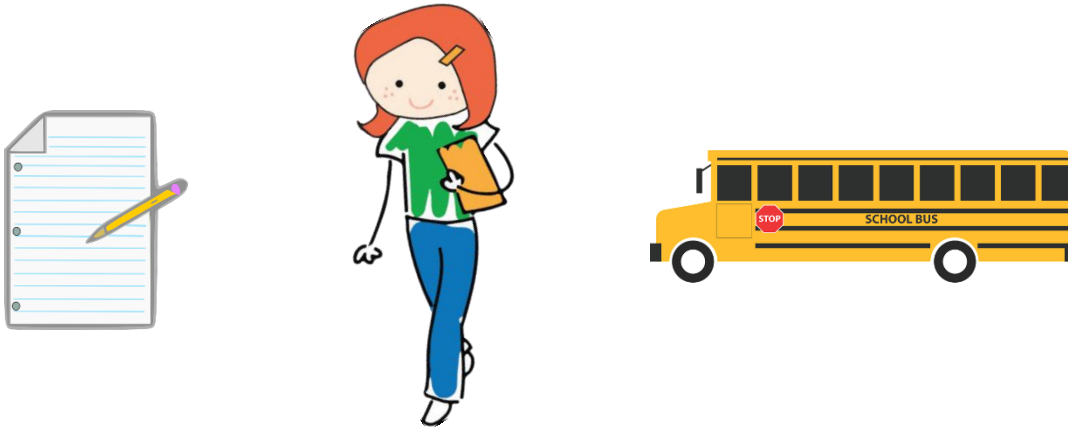
**Source:** KidsActivities.com



**DPA Activity Idea 8: Principal's Coming!**

**Age Range:** Grades 1-3

**Equipment Needed:** Chalkboard, Chalk



**The Nitty Gritty:**

Begin with the students sitting at their desks. You will be calling out a series of commands that have a corresponding action that they must perform.

When you call out “Principal’s coming” they must sit with their hands on their desk and quickly stomp their feet.

When you call out “Recess” they must jump up and run on the spot behind their desk.

When you call out “Rest” they must crouch/sit on the ground.

When you call out “Teacher’s coming” they must sit at their desk with one hand raised and continue to move their feet.

When you call out “Forgot my homework” they must stand up and run in circles on the spot.

When you call out “Field Trip” they must sit in their seat and bounce as if they are on a school bus.

It may be helpful for you to write out each command and the action on a chalkboard for the kids to use as a reference.

As the game goes on, encourage the students to add their own ideas to the actions. Or if a student thinks of a new command, the class may try that.

**How to tie it into the curriculum:** Listening Skills, Creativity

**Source:** Peel Region

**DPA Activity Idea 9:** Interactive Spelling

**Age Range:** Grades 3-6

**Equipment Needed:** Chalkboard, chalk

**The Nitty Gritty:**

Have the class stand up either in the centre of a room or behind their desk.

Instruct the class to spell out a vocabulary word all together.

Each time they say a vowel they must perform a corresponding action.

A: Jump from side to side

E: Two jumping jacks

I: Reach for the ceiling and then touch the floor

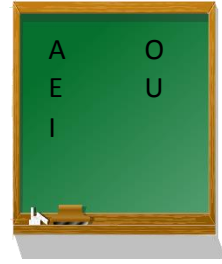
O: Two knee lifts (knee to palm)

U: Jump on one foot five times

Be sure to write the vowels and actions out on the chalk board as a reminder.

**How to tie it into the curriculum:** English: Spelling, Listening Skills

**Source:** Peel Region



**DPA Activity Idea 10:** Train Ride

**Age Range:** Grades 1-3

**Equipment Needed:** None

**The Nitty Gritty:**

This activity is best when played in an open room or gymnasium.

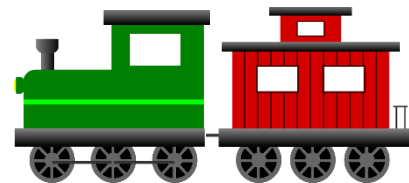
In groups of 3-4 students must line up and place their hands on the shoulders of the person in front of them.

They will then move in the way that the teacher instructs, “the train is moving quickly down the tracks”, “the train moved 5 steps down the track”, “the train is bumpy”.

Alternatively, the students can also take steps as they spell out words.

**How to tie it into the curriculum:** Mathematics: Number Sense and Numeration, English: Spelling

**Source:** Toronto Catholic District School Board



**DPA Activity Idea 11: On the Spot Questions**

**Age Range:** Grades 4-8 (change questions depending on the grade)

**Equipment Needed:** None

**The Nitty Gritty:**

The class should be split into 4-6 groups, each group must select one student as a spokesperson.

A question based on the current curriculum will be asked to one group at a time and if answered correctly the teacher will give a task to the rest of the groups while the group that answered jogs on the spot. If the group does not answer correctly then they must do the task while the other groups jog on the spot.

Some tasks include: arm circles, jumping jacks, push ups, etc.

The game keeps rotating until all the groups have gone, and then can be restarted.

**How to tie it into the curriculum:** All curriculum (any topic can be covered)

**Source:** Toronto Catholic District School Board Program Services



**DPA Idea 12: Get Groovy!**

**Age Range:** Grades 4-8

**Equipment Needed:** Laptop with speakers

**The Nitty Gritty:**

Students should be split into groups made up of 6-8 students. Each group should stand in a circle facing each other.

Once the music starts, one student can begin doing one dance move and teach it to their group. The person to the left then thinks of an action/dance move and the group does the first and second action together.

This repeats until everyone in the group has added their own action/dance move.

Then the group practices the dance with all moves combined.

If there is enough time, groups can also perform their short dances for the class to see.

**How to tie it into the curriculum:** Friendship, Encouragement, Inclusivity, and Teamwork

**Source:** Toronto Catholic District School Board Program Services





## DPA Outdoor Activities

### DPA Activity Idea 13: Autumn Walks

**Age Range:** Grades 4-6

**Equipment Needed:** 4 pylons

#### The Nitty Gritty:

Split the class into two groups and have them line up in two parallel lines, facing each group.

Mark the areas for the two lines by putting a pylon at the start and end of each line.

Students must move from their line to the other by trading spots with the person they are facing.

Call out a certain action by saying “Walk like...”, then the students must walk in the way they imagine that action.

To incorporate the fall season try to think of actions that occur in the fall, such as “Walk like you are picking apples”, “Walk like you are carrying a pumpkin”, or “Walk like you are jumping through leaves”, etc.

You may also want to encourage the students to think of their own autumn activities to act out and they may take turns being the leader.

**How to tie it into the curriculum:** Teamwork, Creative Thinking, and Leadership

**Source:** Adapted from Peel Region



### DPA Activity Idea 14: Run Both Ways

**Age Range:** Grades 1-3

**Equipment Needed:** Pylons (optional – to set boundaries)

#### The Nitty Gritty:

Students should start in one long line and all begin jogging in one direction.

Stand in the centre of the field and periodically call out various “yes” or “no” questions.

Some questions may include, “Do you have any siblings?”, “Have you ever carved a pumpkin”, “Do you like to draw”, etc. If the students answer “yes” to any of the questions they must begin to jog in a different direction, but if they answer “no” they can continue to run in the same direction.

**How to tie it into the curriculum:** Listening Skills, Geography: Directions

**Source:** Peel Region



**DPA Activity Idea 15: Zombie Tag**

**Age Range:** Grades 1-3

**Equipment Needed:** Pylons (optional – to set boundaries)

**The Nitty Gritty:**

This is a festive and easy game to play around Halloween to get kids excited about the fall season!

Have all students spread out in a given area and select one person to be “It”, students should move around the area while the person who is “It” walks around with their eyes closed and imitates a zombie.

The person who is “It” should make zombie noises periodically and all students must repeat the sound back, this will help the person who is “It” hear where the students are.

The game continues until someone is caught and then they are “It”.

**How to tie it into the curriculum:** Listening Skills, Teamwork, Geography: Direction

**Source:** Eastern Active Schools Outdoor Non-Equipment Activities

**DPA Activity Idea 16: Human Knot**

**Age Range:** Grades 4-8

**Equipment Needed:** None

**The Nitty Gritty:**



The class should be split up into groups of 4 or 6 students (must be an even number).

Each group should form their own circle, standing shoulder-to-shoulder.

First, everyone puts their right hand into the middle of the circle and holds someone else’s right hand.

Next, everyone puts their left hand in and holds the left hand of a new person.

Once this is done, everyone must try to get “unknotted” without letting go of each other’s hands.

**How to tie it into the curriculum:** General: Problem Solving, Communication, and Teamwork

**Source:** Teampedia

**DPA Activity Idea 17: Fall Scavenger Hunt**

**Age Range:** Grades 4-8

**Equipment Needed:** Sheets for the class can be printed or photocopied from the appendix or Clean and Scentsible Blog

**The Nitty Gritty:**

Print out enough sheets for all the students in the class from the link above.

Lead students to walk around the school yard or through the neighbourhood to look for the various items on the list.

Make sure that all students are staying together and within the designated boundaries.

It may be helpful to have multiple staff members lead this activity.

**How to tie it into the curriculum:** General: Exploring, Problem Solving, Teamwork, Friendship, Strategizing

**Source:** Clean and Scentsible Blog

**DPA Activity Idea 18: Math, Think, Run**

**Age Range:** Grades 1-3 (alter questions depending on age of students)

**Equipment Needed:** Chalk

3	7	5
6	2	9
7	5	2

**The Nitty Gritty:**

In a designated area write out a few rows of numbers in chalk on pavement, numbers can be repeated so multiple kids can play at once.

Students should stand around the square doing jumping jacks. Every so often call out various math problems such as “2+2”, “3 x 2”, “5+2”, etc.

When the students know the answer they must run to the matching number that is written in chalk. For example if the questions is “5+2”, the students must find a number 7 to stand on. Once all of the squares are take up students must return to the outside of the square.

You may also alter the exercise they are doing outside of the square from jumping jacks to things like running on the spot, squats, etc.

**How to tie it into the curriculum:** Mathematics: Adding, Subtracting, Multiplication

**Source:** Adapted from the blog Coffee Cups and Crayons

**DPA Activity Idea 19: Sunny Day Shadow Tag**



**Age Range:** Grades 3-6

**Equipment Needed:** None

**The Nitty Gritty:**

This game is best to be played in a large open space, either on pavement or in a field.

Students should spread out and be made aware of their own shadow.

One person is selected to be “It” and must run around and try to step on other student’s shadows as they try to get away.

If a student’s shadow is stepped on they become frozen and cannot move until another student steps on their shadow to unfreeze them.

Rotate the person who is “It” every so often so all students have a turn.

**How to tie it into the curriculum:** Teamwork, Science: Time of day relative to sunlight

**Source:** Ultimate Camp Resource

In addition to all of these there are grade specific DPA ideas from OPHEA:

<http://teachingtools.ophea.net/activities/daily-physical-activity-resources>

## Adaptations for Children with Special Needs

Equipment used can often be adapted to make it easier for children with special needs.

Examples of adaptations are:

- 1) Use of Velcro
- 2) Larger goals/targets
- 3) Lower goals/targets
- 4) Scoops for catching
- 5) Shorter distances
- 6) Well defined boundaries
- 7) Smaller playing areas
- 8) Use larger, lighter, softer, bright colored balls

Tasks and Actions can often be adapted to make it easier for children with special needs.

Examples of adaptations are:

- 1) Vary the tempo
- 2) Slow the activity pace
- 3) Lengthen the time
- 4) Shorten the time
- 5) Provide frequent rest periods
- 6) Demonstrate/model the activity
- 7) Partner assisted
- 8) Disregard time limits
- 9) Oral prompt
- 10) More space between students
- 11) Eliminate outs/strike-outs
- 12) Allow ball to remain stationary
- 13) Allow student to sit in a chair
- 14) Place student with disability near teacher
- 15) Change locomotor patterns
- 16) Modify grasps
- 17) Modify body positions
- 18) Reduce number of actions
- 19) Use different body parts

Source: Stopka, C. (2006) Teachers Survival Guide Book. PE Central: Blacksburg, VA.

## Appendix

# BINGO

Someone who's favourite season is fall	Someone who has been hiking in the fall	Someone who can name 3 fall leaf colours	Someone who has spent the fall season in another country	Someone who likes pumpkin pie
Someone who celebrates Thanksgiving	Someone who has carved a pumpkin	Someone who has been through a corn maze	Someone who likes dressing up for Halloween	Someone who enjoys fall weather
Someone who can name a fall crop	Someone who knows which way geese fly to migrate		Someone who can name a fall activity	Someone who can know the synonym for fall
Someone who has helped cook Thanksgiving dinner	Someone who has made a craft out of leaves	Someone who can name the day represented by poppies	Someone who knows a fact about the fall season	Someone who wishes it was fall all year round
Someone who has been apple picking	Someone who has been to a pumpkin patch	Someone who has tried apple cider	Someone who likes crunching leaves	Someone who has been on a wagon ride







# OUTDOOR ADVENTURE HUNT

- { } Something colorful.
- { } A pinecone.
- { } An acorn.
- { } Something smooth.
- { } Something rough.
- { } Two kinds of leaves.
- { } Two kinds of sticks.
- { } Something bumpy.
- { } A flat rock.
- { } Something fuzzy.
- { } Something pretty.
- { } A chewed leaf.
- { } A flower or petal.
- { } A piece of litter.
- { } Something you think is  
a treasure.

